



---

## **YELLOW 2 CURRICULUM - TAEKWONDO / MUAY THAI**

1. Taekwondo Pattern - Dan-Gun (full)
2. Muay Thai Combos
  - Jab / Cross / Hook / Cross
  - B&W (the Lead Hook) / Cross / Hook / Cross
  - Cover (the Right Body Hook) / Upper / Cross / Hook

---

## **YELLOW 2 CURRICULUM - JUN FAN / JEET KUNE DO**

1. Straight Blast Drills
  - O'ou Tek / Pak Sao / Lop Sao / Gua Choy / Straight Blast / O'ou Tek
  - Jik Tek / Pak / Wedge / Pak Da / Straight Blast / Jik Tek
2. Trapping
  - Double Jut / Sut / Cross / Hook / Cross
  - Double Jut / Dum Tek / Cross / Hook / Cross
3. Defense - Elbow the Foot Jab

---

## **YELLOW 2 CURRICULUM - KALI / ESKRIMA / SILAT**

1. Inosanto Angles 1-12
2. Strip & Keep Disarms Angles 1-5
3. Strip & Release Disarms Angles 1-5
4. Inayan Sinawali 9 Count
5. Destruction Series #2
  - Dakop / Pa'awas — Vertical Gunting Outside
  - Dakop / Pa'awas — Vertical Gunting Inside
  - Dakop / Pa'awas — 1/2 Vertical Gunting Outside
  - Dakop / Pa'awas — 1/2 Vertical Gunting Inside

